POWER VIBE

Zen Pro®

TVR-6920FE

User manual

Contents：

SAFETY INSTRUCTIONS ・・・

SAFETY INSTRUCTIONS

Important Safety Instructions

Read all instructions before using your PowerVibe Whole Body Vibration machine.

DANGER - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet when not in use and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury:

1. The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under any type of cover. Excessive heating can occur and cause fire, electric shock, or injury.
3. Close supervision is necessary when this machine is used by, on, or near children, invalids, or disabled people.
4. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.

Personal Safety Instruction

2. Attention

Always consult with your physician FIRST before starting any exercise program. Please do not use this product if you have any of the following conditions:

- ✓ Acute arthritis & rheumatoid arthritis
- ✓ Detached Retina
- ✓ Cardiovascular disease
- ✓ Epilepsy
- ✓ Acute migraine
- ✓ Pregnancy
- ✓ Recent surgeries or open wounds
- ✓ Other serious diseases

Keep children under age 12 and pets away from the vibration platform at all times.

STOP use of this product immediately if you encounter any discomfort or if the machine is not functioning properly

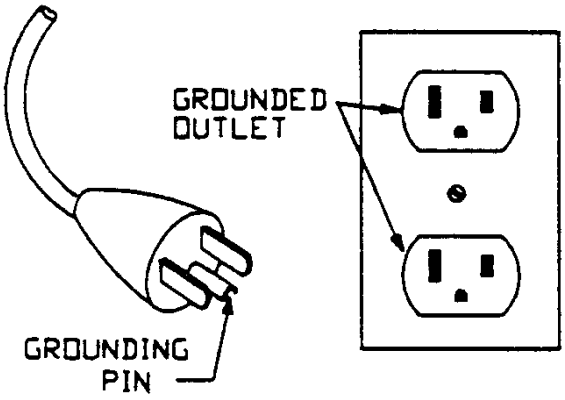
Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Figure
Grounding methods



PRODUCTS INTRODUCTION

1. What is Whole Body Vibration Training?

• Origin－Vibration Training

Humans experience the effects of externally applied forces constantly when exercising. When our feet contact ground during locomotion or as we strike objects with sport implements and daily activities, for example skiing, surfing, riding, dancing, public transportations, boat, aircraft and many more. These contacts create vibrations within the tissues of the limbs, which gradually decline as soft tissues dampen these oscillations, so that calls “vibration stimulus”. The body relies on a number of factors to achieve this reduction in vibrations, primarily soft tissue structures, but also bone, synovial fluids, specific joint positions, and muscle activity.

• Principle－Vibration Theory

Whole **B**ody **V**ibration training (**WBV**) is, that subject stands on a platform or plate that produces sinusoidal oscillations either in a vertical up and down motion, or that rotates about a center fulcrum producing up and down vertical motion on alternating sides of the fulcrum, applied to either muscle tendons, or skeletal muscle indirectly to increases muscle activity and subsequently enhances muscle performance in both acute and chronic conditions for training purpose and sports performance enhancement. Through WBV to induce **T**onic **V**ibration **R**eflex (**TVR**), which is a sustained contraction of a muscle subjected to vibration caused by vibratory activation of muscle spindles-muscle receptors sensitive to stretch, has significant improvements on strength and explosive power. And today, vibration has been proven with significant positive effects on neuromuscular, bone density, metabolism and many more by sports scientists and academic.

• Application of Vibration Training

Since the early 1960s, vibration stimulation has been used in medical rehabilitation to stimulate and induce the activation of the muscle proprioceptors. The contractions caused by this stimulation help restore normal muscle function. In the field of rehabilitation vibration is being used on patients to help relieve muscle stress, repair and restore range of motion, osteoporosis prevention, improve blood circulation, metabolism and improve the autonomic nervous system.

Initially, the concept behind vibration training had its roots in East Germany with a technique called Rhythmic Neuromuscular Stimulation (RNS). This science was later embraced and developed by Russian scientists to combat the growing issue of osteoporosis.

Since osteoporosis and muscular atrophy were both noted in Russia's cosmonauts the Russian space agency used vibration training to combat the effects of the zero gravity environment of space. (Because there is no gravitational force in space, muscles and bones are not loaded leading to bone loss and muscle atrophy.) The results of vibration training on the cosmonauts were very significant including improved muscular strength, increased bone density and preventing osteoporosis.

In 1970s Russia used vibration training on elite athletes to improve muscle strength and endurance. The performance gains on these athletes had been significant through this new mode of training and hence the beginning of vibration training in sports. Since than there have been continued studies on the effects of vibration training. (Please refer to the documents and experiment data in the addendum).

2、Features and Benefits

(1) Features

- High intensity Tonic Vibration Reflex
- High/Low adjustable vibration strength design to meet different demand.(Let user has chance to choose Lower strength if he can not afford Higher strength)
- High-definition TFT-LCD console display
- Individual virtual coach makes exercise easier.
- User-friendly 33 training programs with 8 body model,7 exercise models, 12 editing models and 6 quick start models.
- Non-slip grips design
- Wide platform design provide variety motion space
- Dual straps design enhances performance of upper body & upper arms.
- Two sides convex massage design reduces stressed sole and improve blood circulation.
- High flexible platform design improves balance effect.

(2) Benefits

- Improve strength, explosive power, and flexibility
- Enhances body control and balance
- Improves stressed muscle and releases tension
- Increases bone density and prevent osteoporosis
- Increases blood circulation and enhances metabolism
- Warm-up before exercise and after exercise to relive muscle

3、Product Specification

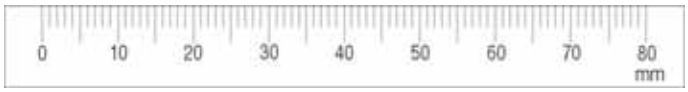
• **Product Name**	**Zen Pro® TVR-6920FE**
• Voltage	120Vac / 60Hz and 230Vac / 50Hz
• Frequency	25Hz~50Hz
• Amplitudes	HIGH: 2.5mm; LOW: 1.2mm
• KN Value(Force)	HIGH: 2.5KN; LOW: 1.8KN
• Motor	DC Motor 1HP (Heavy Duty)
• Console Display	7” TFT touch panel
• Column Display	7-segment LED on stem
• Exercise Program	• Quick Start：Manual mode and Auto mode • Body Area： ■ Upper Body/Strength or Relax ■ Lower Body/Strength or Relax ■ Core Training/Strength or Relax ■ Whole Body/Strength or Relax • Sports Specific：GOLF、RUN、TENNIS、GYMNASTICS、SKI、SWIM、CYCLE User Mode：12 Sets
• Panel Key	• Upper console：NA • Column Console：START/STOP
• Dimension	(L) 99 cm x (W) 97 cm x (H) 162 cm (L) 39 in x (W) 38.3 in x (H) 63.8 in
• Max. Loading	160 kgs / 350 lbs
• Certificates	CE、ETL (USA And Canada)、RoHS

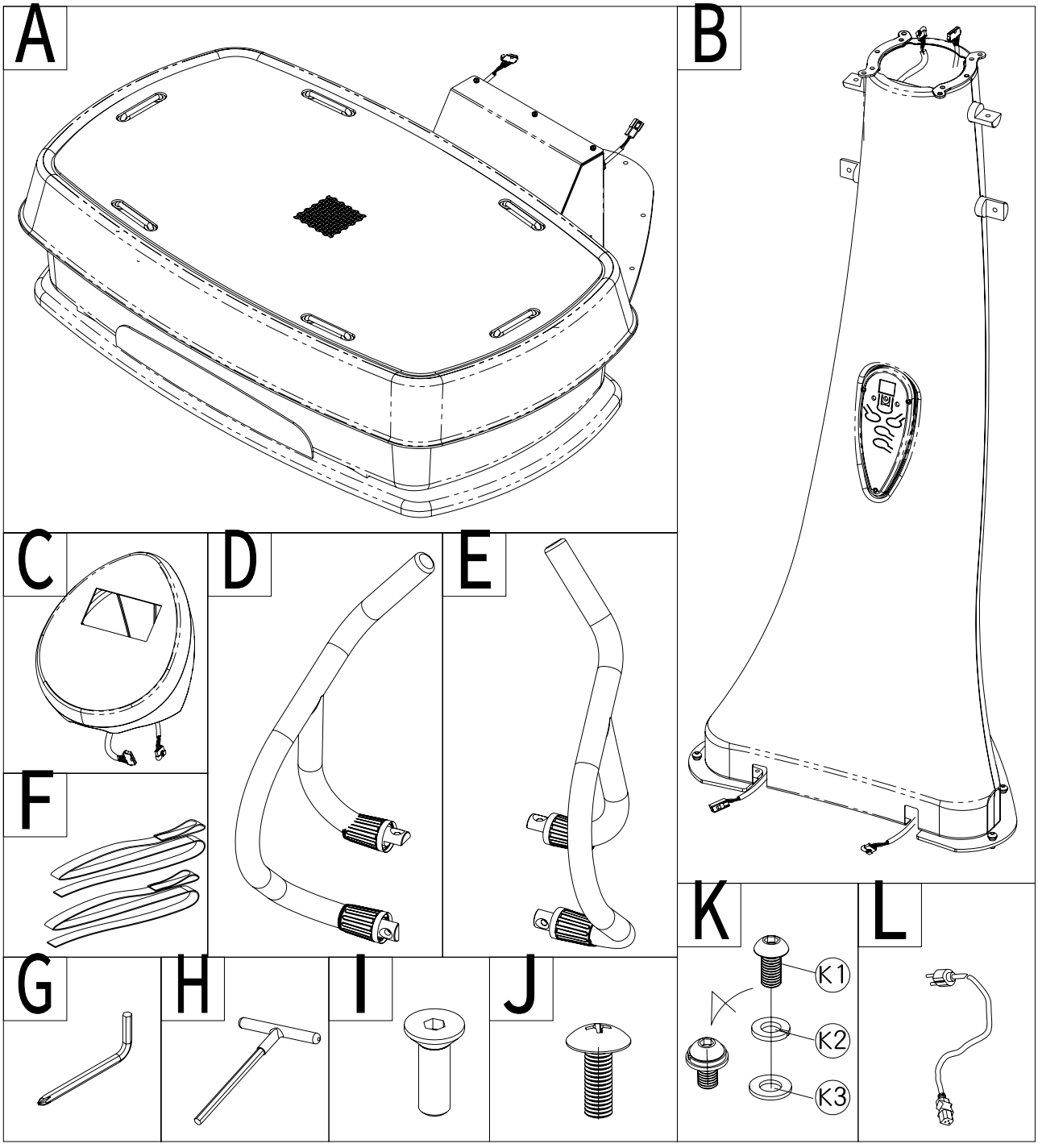
ASSEMBLY DESCRIPTION

1、Spare parts list

Number	Name	Specification	Amount
A	Base assy		1
B	Stem assy		1
C	Console assy		1
D	Handle Bar assy-Left		1
E	Handle Bar assy-Right		1
F	Strap		1
G	L-wrench	6mm	1
H	T-wrench	Black crank with Red PVC cover	1
I	Hex socket flat head screw	M8x25L	4
J	Round Head Screw	M5x15L	4
K	M8 Screw Sets		7
K1	Inner Hex round head screw	M8x25L	7
K2	Spring washer (SW8)	SW8	7
K3	Flat washer	M8	7
L	Power cord		1

Please use below gauge to measure screw. For example, the diameter is 8mm and length is 20mm for Screw M8 x 1.25 x20 L




A
B
C
D
E
F
G
H
I
J
K
K1
K2
K3
L

2、Assembly instructions

Assembly steps：Assembling the right handlebar and left handlebar →Assembling the console →Assembling the stem assy. and the platform assy. →Assembling the straps and connecting the power cord.

Step 1：Assembling the right handlebar and left handlebar

The tool：L-wrench (Cross-screwdriver)【**G**】or T-wrench【**H**】

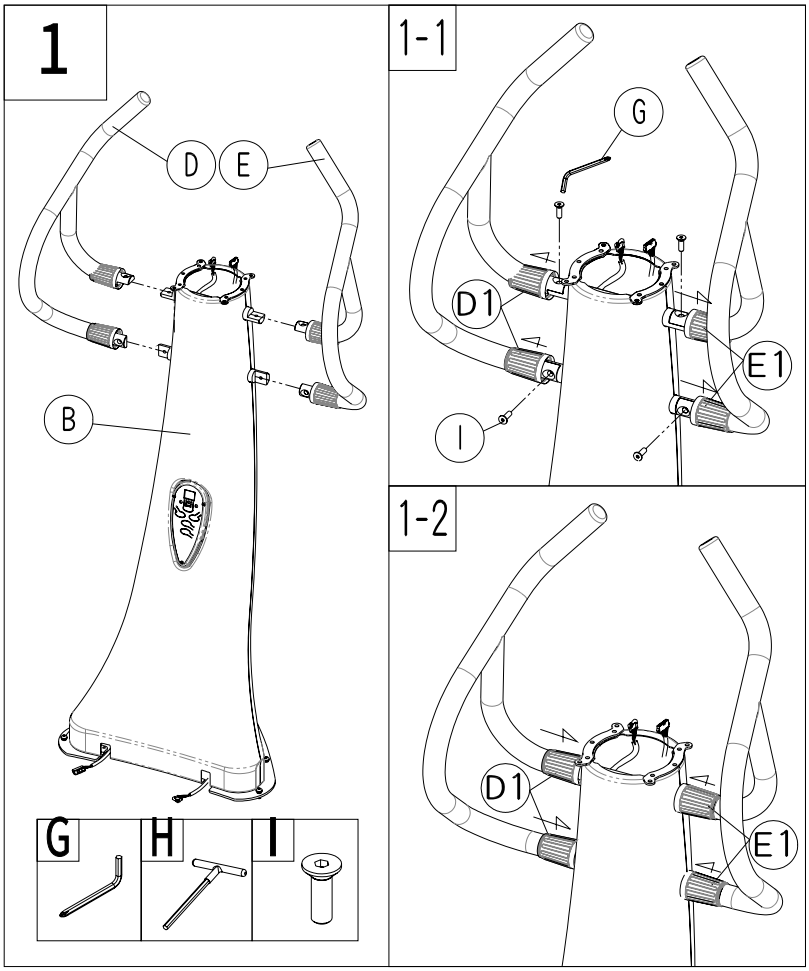


Photo 1：Assembling the right handlebar and left handlebar【**D**】【**E**】：

Whirling the rubber coves【**D1**】【**E1**】 on the right handlebar and left handlebar to cover the screws，and then using the L-wrench (Cross-screwdriver)【**G**】or T-wrench【**H**】 to fasten the bolts , M8【**I**】.Finally, you can assemble the right handlebar and the left handlebar 【**D**】【**E**】on the stem assy.【**B**】。

Whirling the rubber coves 【**D1**】【**E1**】on the right handlebar and left handlebar【**D**】【**E**】to cover the screws connected on the stem【**B**】，and trying your best to let the rubber covers close to the stem assy.【**B**】。

~~Please check all the screws are fastened ~~

Step 2.：Assembling the console

The tool：L-wrench (Cross-screwdriver)【**G**】

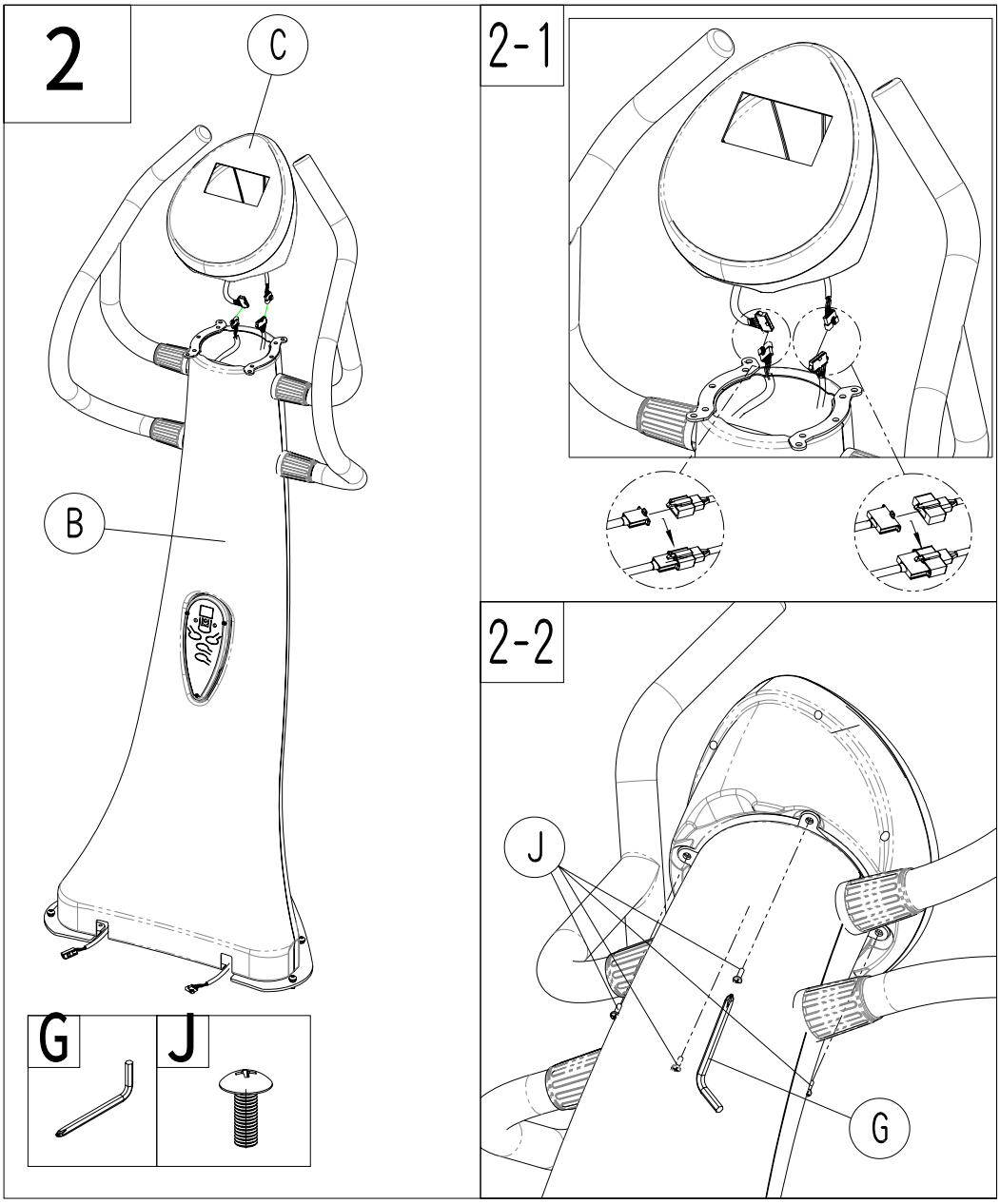


Photo 2：Assembling the console assy.【C】and the stem assy.【B】：

Connecting two sets of console wires on the console assy.【C】with the wires in the stem assy.【B】. Using the L-wrench (Cross-screwdriver)【**G**】to fasten 4pcs of cross-screws ,M5x15L【**J**】, and then you can set the console 【**C**】on the stem assy.【**B**】。

~~Please check all the screws are fastened ~~

Step 3.：Assembling the stem assy. and the platform assy.

The tool：L-wrench (Cross-screwdriver)【**G**】or T-wrench【**H**】

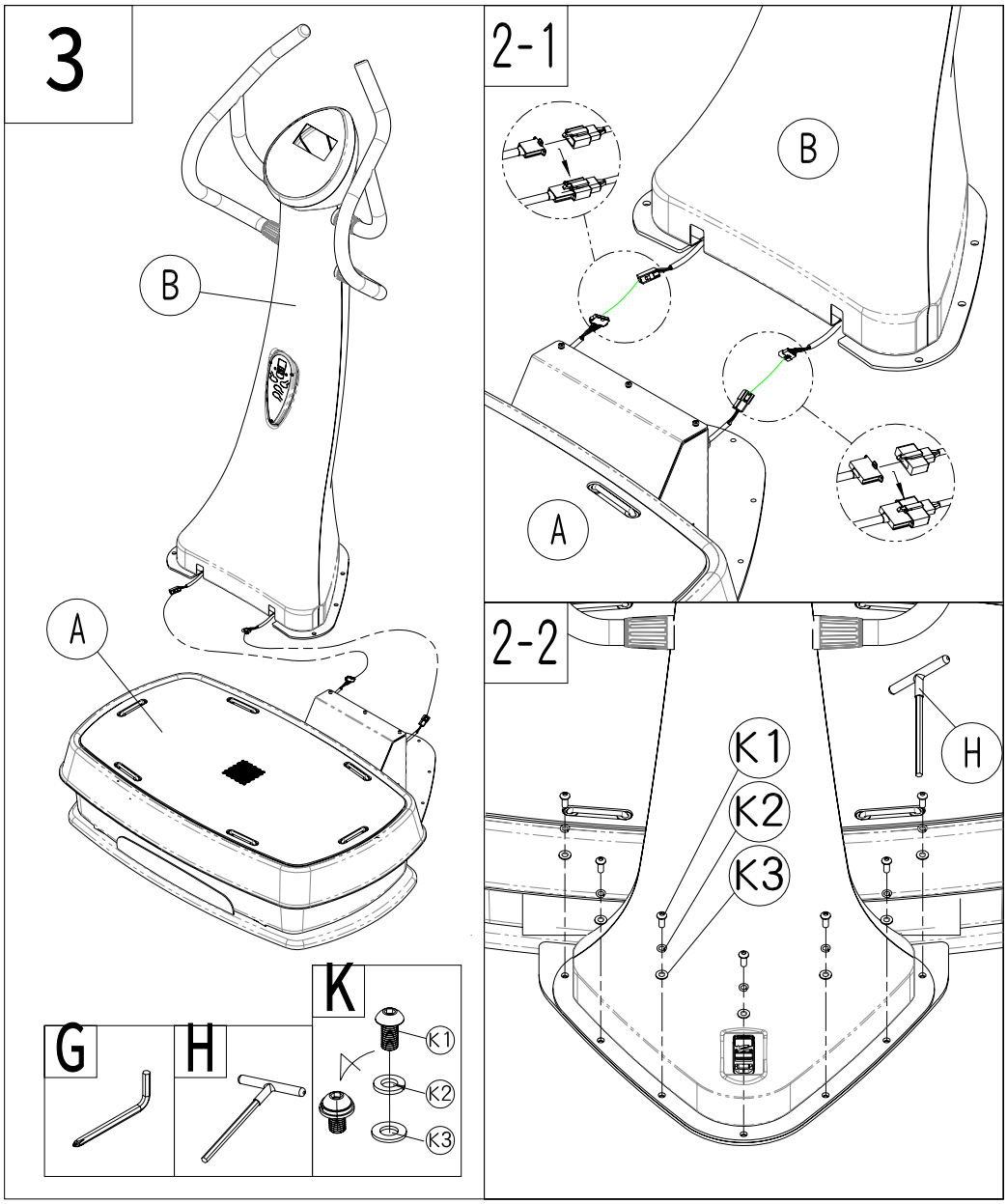


Photo 3：Assembling the stem assy.【B】and the platform assy.【A】：

Connecting two sets of console wires on the stem assy.【B】with the console wires on the platform assy.【A】.

Using the L-wrench (Cross-screwdriver)【**G**】or T-wrench【**H**】to fasten 7sets of screws, M8,【**K**】, and then you can set the stem assy.【B】on the platform assy.【A】。

~~Please check all the screws are fastened ~~

Step 4：left and right handlebar→console→stem and platform →**<u>strap and power cord</u>**

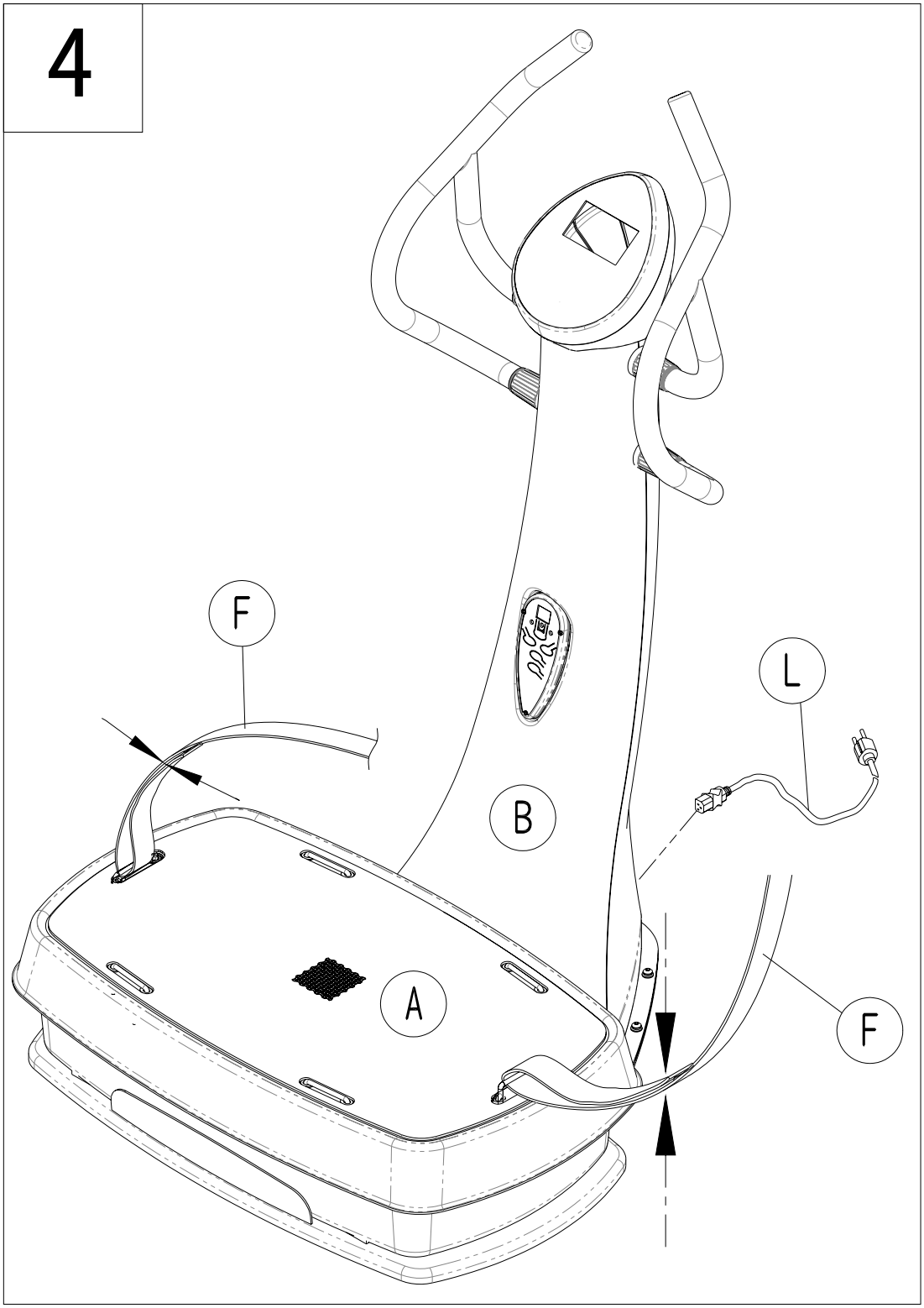


Photo 4：connect strap【**F**】and plug power cord【**L**】：
Refer the diagram to connect strap【F】(user depends on the their height to adjust the length) and plug power cord【L】。

Complete Product Assembling.

OPERATING INSTRUCTION

-Console

-Stem

Minor Control Panel		
Item	**Description**	**Display**
LED Display	**Time**	
Start/ Stop	• Start/ Stop the machine, back to exercise mode. • To get into Manual Mode	

1. Programs operating

1.1 HOME

1.1.1 Press “HOME” to get back to (Home screen) when you are not in exercise

1.1.2 Press “HOME” when you are in exercise that screen show the inquiry menu，to confirm it and get back to the Home Screen.

1.2 BACK

1.2.1 Press

key to return to the previous screen.

1.2.2 Press “

” when you are in exercise that screen show the inquiry menu，to confirm it and get back to the previous Screen.

1.3 START/PAUSE

1.3.1 Press START/PAUSE one time then the motor is starting to work after the count down.

1.3.2 Press START/PAUSE twice then the motor is pause.

1.4 STOP

1.4.1 To press STOP during the exercise，the programs is ending.

1.5 HIGH/LOW

1.5.1 Adjust the vibration strength to Press High or Low.

1.6 SKIP

1.6.1 During the Personal Coach and USER mode，press SKIP to dis-continue the current programs and enter the next one.

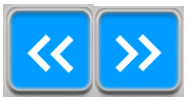
1.7 OK

1.7.1 During the Personal Coach，to set the programs，types and level then press “OK” to work out.

1.8 Time Adjustment

1.8.1 During the Manual mode, press to set the time. Pre-set the time with "60sec" and you can adjust the range below：30s, 45s, 60s, 1m30s, 2m, 2m30s, 3m, 3m30s, 4m, 4m30s, 5m, 6m, 7m, 8m, 9m, 10m, 11m, 12m, 13m, 14m, 15m

1.8.2 During the User Edit，to press time adjustment to set the exercise period，the range is setting from 30Sec to 90Sec. Pre-set the time with "30Sec".

1.9 Frequency adjustment 

1.9.1 During the Manual and USER Edit，the frequency range is setting from 25，30，35，40，45，50Hz. Pre-Set with "25HZ".

1.10 Minor control Panel

1.10.1 show the frequency during the work out.

1.10.2 show the " - - " if you are not in the exercise.

2. Operating Instructions

2.1 Power On & Home screen

2.1.1 Turn on the power by flipping the switch at the base. The Safety Warning disclaimer screen will appear.

1. Consult your physician and obtain a medical exam before beginning any exercise program.
2. Read all instructions before use.
3. Inspect the machine before use. Do not use if machine appears damaged or inoperable.
4. Platform vibrates when on and will move when stepped on.
5. Always wear flat shoes when operating this machine.
6. Never allow children near this machine without supervision
I have read and understand this message

2.1.2 Confirm your understanding and acceptance of the Safety Warning disclaimer to advance to the “Home screen” or “Main Menu”

2.1.3 Select a program category（Quick Start）,（Body Area）, （Sports Specific）or（User）

2.1.4 NOTE: When the system remains idle for 10 minutes, the system display will enter standby mode. Simply touch the screen to wake the system up from the standby mode.

2.2 General operation

2.2.1 Press “Home” key to return to the “Home Screen” or “Main menu”

2.2.2 Press

key to return to the previous screen.

2.2.3 Press

High\Low key to adjust the vibration strength. The user can toggle between H\L before starting the vibration, or while the vibration is on.

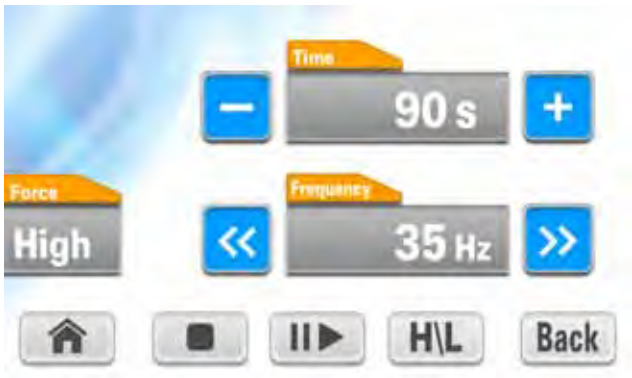
2.2.3.1 Most workouts are pre-set with“Low”

2.2.3.2 The screen displays the current selection.

2.3 Quick Start mode

2.3.1 One（Manual mode）and 5（Auto mode）.

2.3.2 Manual mode



2.3.2.1 Enter“Manual mode”to set the time，frequency and vibration strength.

2.3.2.1.1 Time format with “mm:ss” Time is pre-set at 60sec. The range is from 30s to 15. The increments are 30s, 45s, 60s, 1m30s, 2m, 2m30s, 3m, 3m30s, 4m, 4m30s, 5m, 6m, 7m, 8m, 9m, 10m, 11m, 12m, 13m, 14m, 15m.

2.3.2.1.2 Frequency is pre-set at 25HZ. Frequency is adjustable from 25，30，35，40，45，50Hz.

2.3.2.1.3 “STOP” “ START/PAUSE” “ HIGH/LOW” function:

2.3.2.2 Press“START/PAUSE”to start the vibration. Vibration will begin after a 5 second countdown.

2.3.2.3 Press “High/Low”to adjust the vibration strength during the exercise.

2.3.2.4 It’s adjustable during the exercise.

2.3.2.5 The time displays a count down and is adjustable by 30 sec. increments (max:15m)

2.3.2.6 Press “START/PAUSE” to pause or resume the vibraiton program.

2.3.2.6.2 NOTE: After 2 minutes of no activity on a “Pause” screen, the display will revert back to “Home Screen”

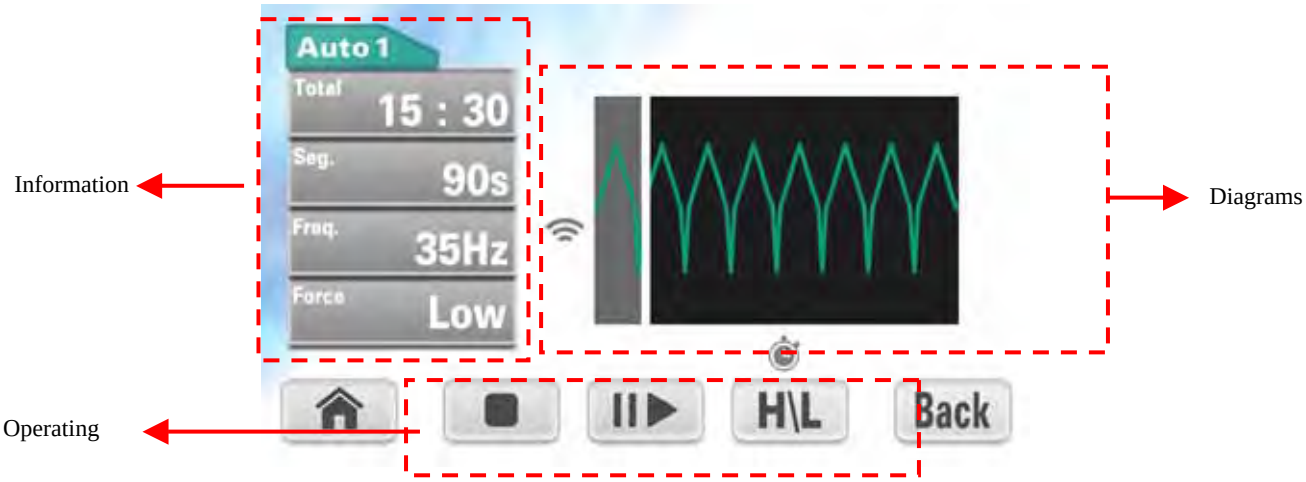
2.3.2.7 The “Program Ended” screen appears after a vibraiton program ends.

2.3.2.7.2 Press “REPEAT” to recall the precious setting conditions or “Home” to return to the main menu.

2.3.3 Auto mode

2.3.3.1 5 different Auto programs are included (Auto 1~Auto 5)

2.3.3.2 Select “Auto 1~5” to enter the desired auto mode.



2.3.3.2.1 DISPLAY

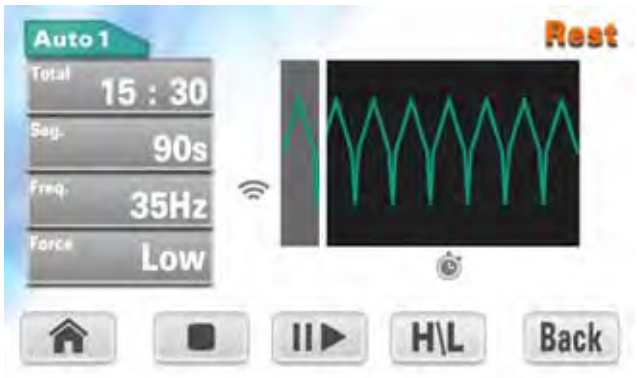
2.3.3.2.1.1 Total Time with the format “mm:ss”

2.3.3.2.1.2 Segment Time with ‘ss”. A count down of seconds remaining in each segment is displayed.

2.3.3.2.1.3 Display shows the current “FREQUENCY”

2.3.3.2.1.4 Display shows the current “HIGH or LOW” vibration strength

2.3.3.2.1.5 “Rest” appears during segments when the vibration is not running.



2.3.3.2.2 Diagrams：The curve shows the vibration patterns for each Auto program.

2.3.3.3.3 Operation Area：3 keys “STOP”, “START/PAUSE”, “HIGH/LOW”

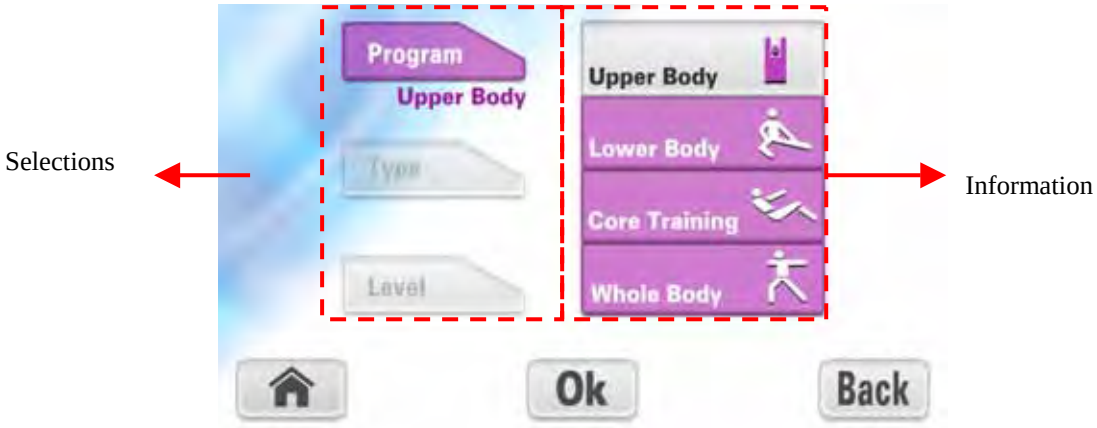
2.3.3.3 Time and frequency is predetermined and not adjustable in the Auto Programs.

2.3.3.4 Press “START/PAUSE” to begin the Auto Program.

2.4 Body Area mode

2.4.1 Enter “Body Area mode” ， there are 3 keys for selections. Pres-set with “Program” category.

2.4.1.1 Program：（Upper Body, Lower Body, Core Training, Whole Body） Pre-set with “Upper Body” program.



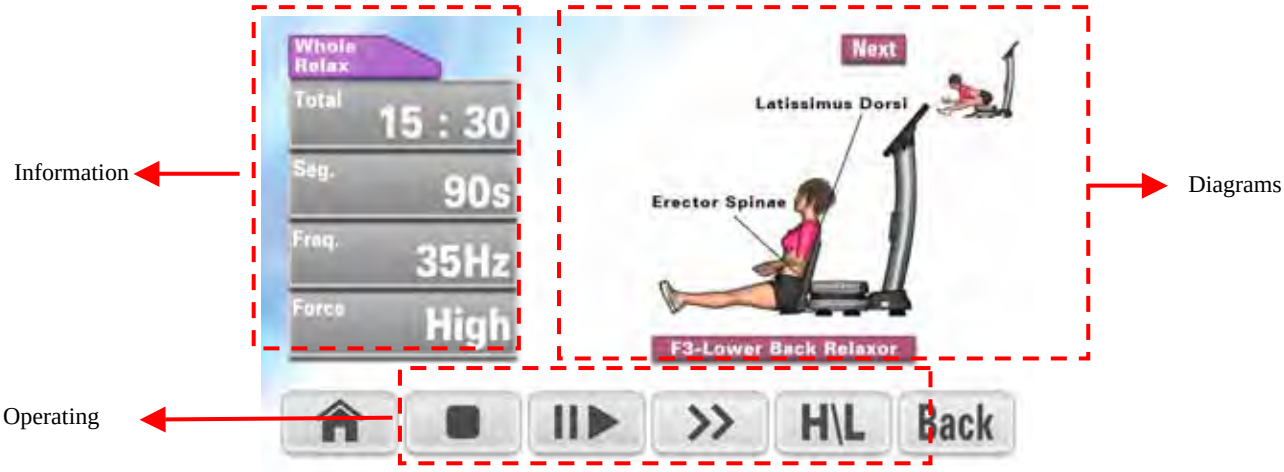
2.4.1.2 Type：(Strength, Relax) Pre-set with “Strength” type.

2.4.1.3 Level：(Beginner, Intermediate, Advanced) Pre-set with “Beginner” level.

2.4.2 " Information area" display on right side of screen； press any key then the display will show it immediately.

2.4.3 Press your selections and enter the screen you selected.

2.4.4 When you completed the setting for these 3 category， press 'OK' to start the working out.



2.4.5 There are 3 blocks on this screen， "information area" "diagrams" and "Operation area".

2.4.5.1 Information：Total time， Segment time， Frequency， HIGH / LOW， the display and definition is same as 4.4.3.2.1

2.4.5.2 "Diagrams"：included 2 Postures. One is the posture you are working out. The other small one on right upper corner is the next posture you are going to change.

2.4.5.3 Operation area："STOP， START/PAUSE， SKIP， HIGH/LOW"， total 4 keys

2.4.6 The screen shown "Rest" to instruct you to take a break.

2.4.7 Press "START/PAUSE" to start the working out after counter down.

2.4.8 Press "SKIP" to dis-continue your programs and enter to the next one.

2.4.9 "HIGH/LOW" and "PAUSE" is operated with same way as "program ended 4.3.2.3 & 4.3.2.6~4.3.2.7

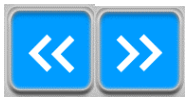
2.5 User mode

2.5.1 Press

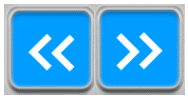
key to edit the exercise programs

2.5.1.2 Select “User 1~12” to save the user programs. When the file existed, you will view the screen with illustration of file folder.

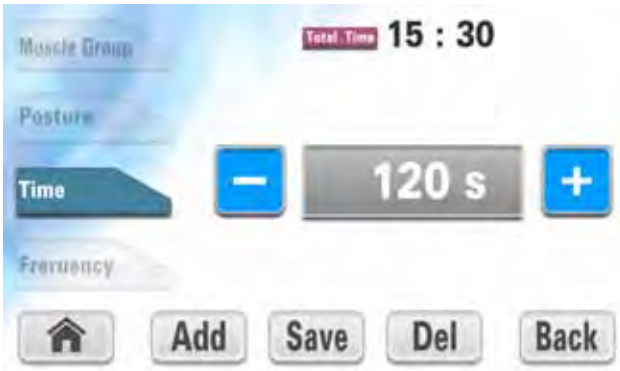
2.5.1.3 Enter the screen to edit the exercise program

2.5.1.3.1.1 Press 
key to select the muscle group with the options of “upper body”, “core”, “lower body”, “strength”, “relax” and “lower body strength”

2.5.1.3.1.2 To complete the “Muscle group” and press the “ Posture” key to select the postures.

2.5.1.3.1.3 Press  key to select the exercising postures.

To complete the “Posture” and press the “Time & Frequency” key to set up the time and frequency.



2.5.1.3.2

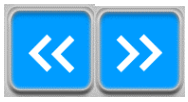
- Press key to set up the exercising time.
- Press key to set up the exercising frequency.
- To complete the edit by selecting “Add” key, or press “Del” key to delete the program.
- Press “Save” key to save the exercising program.

2.5.1.4 If there are files existed in the program?

2.5.1.4.1 Choose overwrite to clean the original files

2.5.1.4.2 Choose modify to edit the original files

2.5.1.5.1

- Press  key to review the programs you edited.
- Press “Modify” key to modify the programs.
- Press “Del” key to delete the programs.
- To complete the edit by selecting “Save” key. Named the exercising program you edited.

2.5.1.7

- Press “Clear” key to clear the words you entered.
- Press “Save” key to save the programs and complete the edits.

2.5.2 Press

key to delete the program you edited

- Select the file you need to delete, press “Yes” key to delete it.

2.5.3 Press

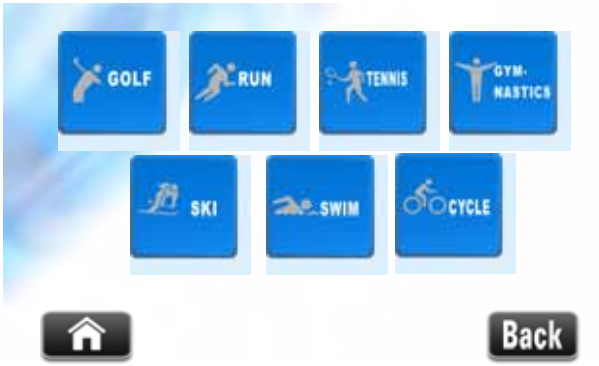
key to enter the exercises mode.

- Select the “User 1~12” to call out the programs. When the file existed， you will view the screen with illustration of file folder.
- After entered the exercising mode, refer to the operation as “Personal Coach” . Press key to start the workout.

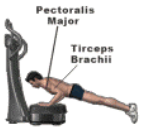
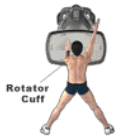
2.6 Sports Specific

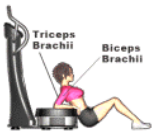
2.6.1 Press

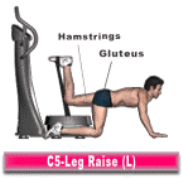
key to select sports types



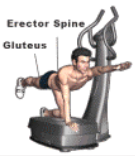
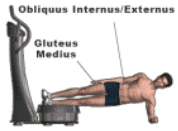
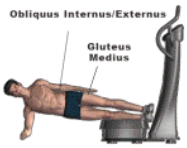
3、Exercise instruction

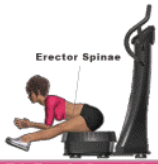
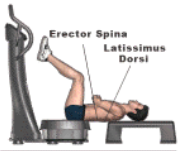
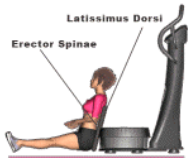
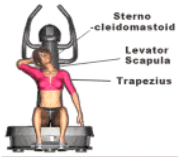
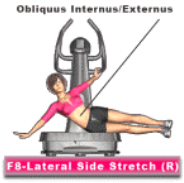
Upper Body Strength				
A1	A2	A3	A4	A5
A1-biceps curl	 A2-Push Up	A3-Deltoid Raise	A4-Front Raise	A5-Triceps Pull (L)
A6	A7	A8	A9	A10
A6-Triceps Pull (R)	A7-Lunge & Shoulder Press (L)	A8-Lunge & Shoulder Press (R)	A9 Tricpes Dip	A10-Lateral Side Raise
A11	A12			
 A11-Shoulder Stabilizer (L)	A12-Shoulder Stabilizer (R)			

Upper Body Relax				
B1	B2	B3	B4	B5
B1-Arm Stretch	B2-Chest Stretch (L)	B3-Chest Stretch (R)	 B4-Upper body relaxor	B5-Triceps Stretch
B6	B7	B8	B9	
B6-Upper Arm Massage(L)	B7-Upper Arm Massage(R)	B8-Shoulder Stretch (L)	B9-Shoulder Stretch (R)	

Lower Body Strength				
C1	C2	C3	C4	C5
				
C6	C7	C8	C9	C10
C11	C12	C13		

Lower Body Relax				
D1	D2	D3	D4	D5
D6	D7	D8	D9	D10

Core Strength				
E1	E2	E3	E4	E5
E1-Abdominals Variation	E2-Medium Abdominals	E3-Oppoite ArmLeg (L)	 E4-Oppoite ArmLeg (R)	 E5-Side Plank (L)
E6	E7	E8	E9	E10
 E6-Side Plank (R)	E7-Back Extension	E8-Pelvis Stabilization	E9-Reverse fly	E10-Advanced Abdominals
E11	E12			
E11-Single Leg RDL (L)	E12-Single Leg RDL (R)			

Core Relax				
F1	F2	F3	F4	F5
 F1-Back Stretch	 F2-Lumber Massage	 F3-Lower Back Relaxor	 F4-Neck Stretch (L)	F5-Neck Stretch (R)
F6	F7	F8	F9	
F6-Abdominals Stretch	F7-Upper Back Relaxor	 F8-Lateral Side Stretch (R)	F9-Lateral Side Stretch (L)	

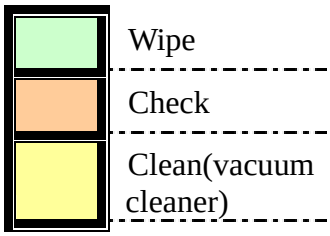
Machine transportation

Please remove the machine as per the picture illustration. For safety, we suggest 2 persons to move it together.

Warning：Remove the machine carefully in order to prevent any injury during the movement.

Maintenance procedure

1. Maintenance timing and items



Item	Daily	Weekly	Monthly	Quarter	6-Month	Yearly
Frame	wipe				check	
Console						
Handlebar						
Platform						
Stem Assembly hardware						
Platform Assembly hardware						
Base plate Assembly hardware						
Power cord			check			
Motor Assembly hardware						
Base cushion						
Motor base plate				clean		

★Clean & Wipe：Wipe with a cloth to remove dust on the machine.　Don’t use harsh cleaners or solvents.

2、check list

Item	Items to Check
Frame	Check the nose, or the stem for stability
Console	1.If the display is flashing or the scren is readable 2.If the console assembly hardware is tightly fastened to the vertical beam
Handlebar	Check if the handlebar is tight and if the material is not torn.
Platform	The area near where the platform connects to the vertical beam.
Power cord	Check if the cord is intact and no wires exposed.
Motors Assembly hardware	Check if the bolts are broken or damage
Base cushion	The surface is damaged or not.
Stem Assembly hardware	Check if the bolts are broken or damaged
Platform Assembly hardware	Check if the bolts are broken or damaged
Base plate Assembly hardware	Check if the bolts are broken or damaged

Commercial Warranty

Valid Period：Warranty starts from the time of purchase. Keep your receipt. Proof of purchase is required at time of warranty validation.

Warranty Parts	Quantity (PC)	Time Period
Electronic Components	1	2 years
DC Motor	1	2 years
Main Frame	1	2 years

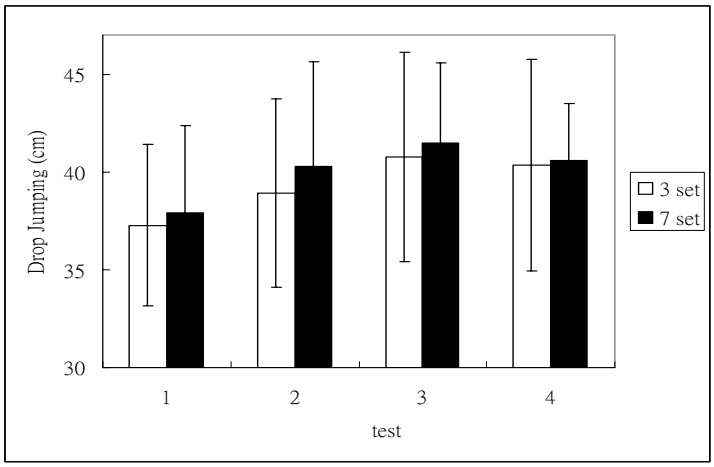
Warranty Limitations

The forgoing warranty shall not be applied to the following:

- If serial number is damaged，unreadable，modified or missing.
- Product has been used improperly，misuse，negligence，incorrectly maintained，modifications，dismantled，unauthorized service to or on the machine.
- Faulty wiring or electrical surges.
- If it is damaged by natural disasters，such as lightening，flood，typhoon，fire，earthquake or other natural disasters.
- The defective machines are not repaired by an authorized technician.
- The defects caused during transportation.
  To upgrade the hardware，software，and firmware of the machine.

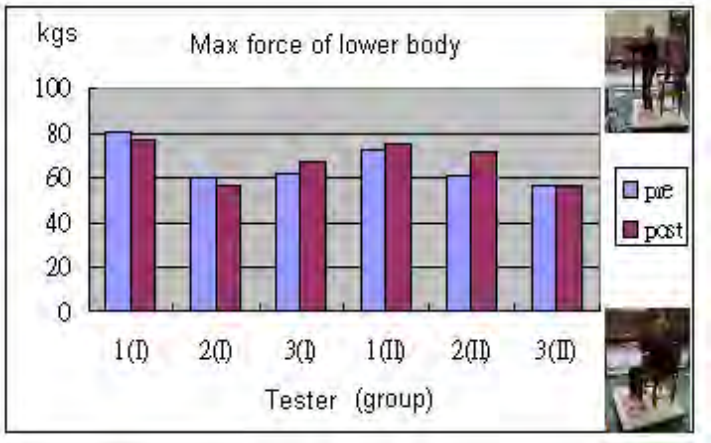
5. Academic Researche

- **Baseball Players' Vertical Jump Performance -** National College of Physical Education and Sports – Test Report (2006)



Conclusion：vibration training proved significant in dynamic contraction performance improvement , enhancing the strength and explosive power performance in a short period of time. Test indicates that vibration training does effectively improve human vertical jump ability.

- **Test Report of Vibration Training on Balance Ability and Lower Muscle in Elders**

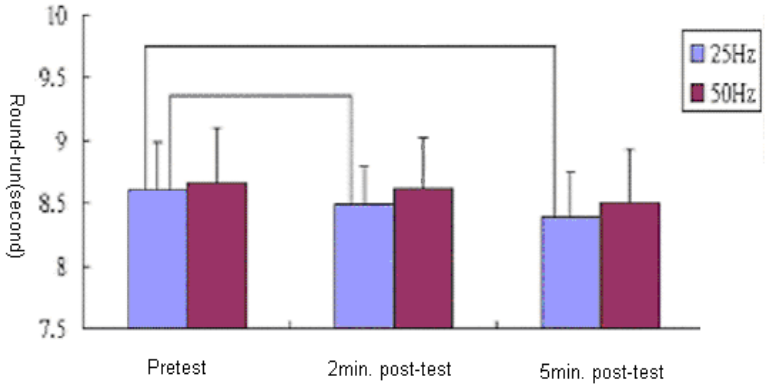


Conclusion：vibration training has shown significant benefits on improving lower muscle contraction performance and balance ability in elders.

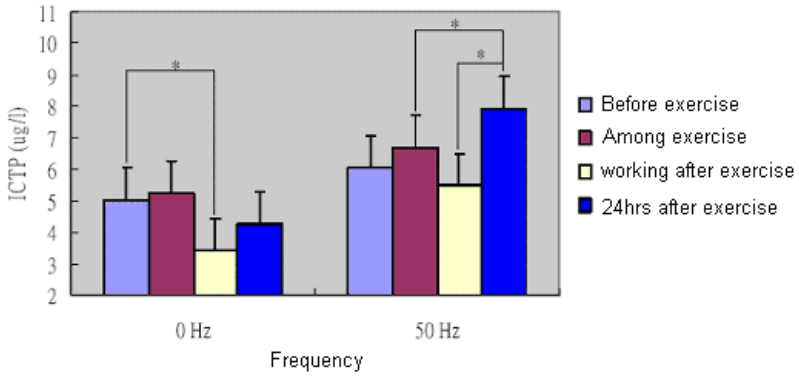
－Test group average age of 80 - TPEC (2005-2006)

- **The Exercise Physiology Conference of Tainan University in May, 2007**

The effects of frequency on vibrating stimulation on explosive force, balance and agility.



- **The Effects of Whole Body Vibration on Bone Metabolism in Young Females**

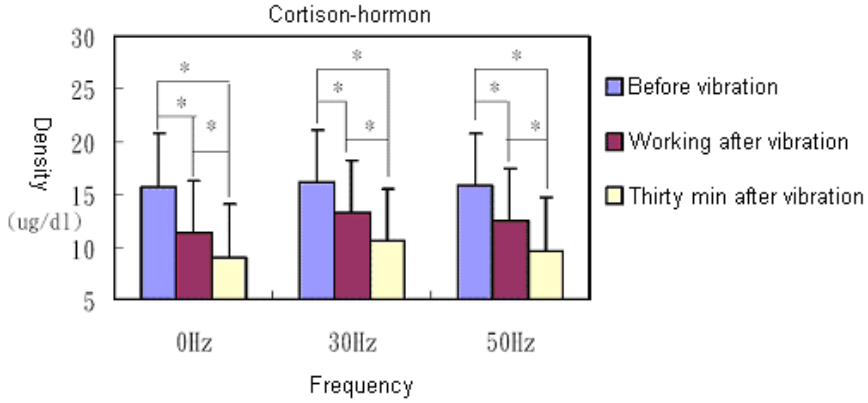


Conclusion：A single bout of whole-body vibration at the frequency of 50Hz temporarily increased both bone formation and bone resorption. Whole body vibration performed at 50Hz may have an anabolic effect on bone metabolism in young females.

The result of this study could also recommend the vibration training to be another exercise formula for elders and menopausal women in preventing osteoporosis.

－Tainan University 2007 dissertation.

- **The Effects of Different Frequencies & Whole Body Vibration on Blood Serum Hormones**



Conclusion: the corticosteroid consistency (cortisone-hormone) has apparently decreased by different frequencies using whole body vibration training.

－Tainan University 2007 dissertation.

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PowerVibe LLC
1595 North Central Expressway, Richardson, TX 75080
TEL: 888-608-8423 Fax: 972-499-1033 E-mail: support@powervibeusa.com www.powervibeusa.com